## South Coast Air Quality Management District
### Air Quality Forecast

**Forecast Valid Thursday, September 10, 2020**

**Issue Date:** Wednesday, September 09, 2020

**Cleanest Time of Day:**

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Area Forecast Area AQI  AQI Description Pollutant Cleanest Time of Day *
1 Central Los Angeles County 55 MODERATE PM2.5  See advisory
2 Northwest Coastal Los Angeles Co. 50 GOOD PM2.5 Similar all day
3 Southwest Los Angeles County Co. 50 GOOD PM2.5 Similar all day
4 South Coastal Los Angeles Co. 91 MODERATE PM2.5  Cleanest from 4 PM to 10 PM
5 Southeast Los Angeles Co. 74 MODERATE Ozone  See advisory
6 West San Fernando Valley 80 MODERATE Ozone  See advisory
7 East San Fernando Valley 115 UNHEALTHY FOR SENSITIVE GROUPS PM2.5  See advisory
8 West San Gabriel Valley 127 UNHEALTHY FOR SENSITIVE GROUPS PM2.5  See advisory
9 East San Gabriel Valley 157 UNHEALTHY PM2.5  See advisory
10 Pomona/Walnut Valley 119 UNHEALTHY FOR SENSITIVE GROUPS PM2.5  See advisory
11 South San Gabriel Valley 91 MODERATE PM2.5  See advisory
12 South Central Los Angeles Co. 53 MODERATE PM2.5  See advisory
13 Santa Clarita Valley 59 MODERATE PM2.5  See advisory
14 Antelope Valley 61 MODERATE PM2.5  See advisory
15 San Gabriel Mountains 93 MODERATE Ozone  See advisory
16 North Orange County 74 MODERATE Ozone  See advisory
17 Central Orange County 46 GOOD Ozone Similar all day
18 North Coastal Orange County 90 MODERATE Ozone Similar all day
19 Saddleback Valley 97 MODERATE Ozone Similar all day
20 Central Coastal Orange County 90 MODERATE Ozone Similar all day
21 Capistrano Valley 87 MODERATE Ozone Similar all day
22 Corona/Norco Area 97 MODERATE Ozone  See advisory
23 Metropolitan Riverside County 97 MODERATE Ozone  See advisory
24 Perris Valley 71 MODERATE Ozone  See advisory
25 Lake Elsinore Area 87 MODERATE Ozone  See advisory
26 Temecula Valley 87 MODERATE Ozone  See advisory
27 Anza Area 64 MODERATE Ozone  See advisory
28 Hemet/San Jacinto Valley 90 MODERATE Ozone  See advisory
29 Banning/San Gorgonio Pass 61 MODERATE Ozone  See advisory
30 Coachella Valley 74 MODERATE PM2.5  See advisory
31 East Riverside County 63 MODERATE PM2.5  See advisory
32 Northwest San Bernardino Valley 108 UNHEALTHY FOR SENSITIVE GROUPS Ozone  See advisory
33 Southwest San Bernardino Valley 101 UNHEALTHY FOR SENSITIVE GROUPS Ozone  See advisory
34 Central San Bernardino Valley 87 MODERATE Ozone  See advisory
35 East San Bernardino Valley 97 MODERATE Ozone  See advisory
36 West San Bernardino Mountains 93 MODERATE Ozone  See advisory
37 Central San Bernardino Mountains 77 MODERATE Ozone  See advisory
38 East San Bernardino Mountains 87 MODERATE Ozone  See advisory
39 Phelan 115 UNHEALTHY FOR SENSITIVE GROUPS PM2.5  Cleanest from 4 PM to 10 PM
40 Hesperia 117 UNHEALTHY FOR SENSITIVE GROUPS PM2.5  Cleanest from 5 PM to 10 PM
41 Trona 105 UNHEALTHY FOR SENSITIVE GROUPS PM2.5  Cleanest from 6 AM to 8 AM
42 Victorville 112 UNHEALTHY FOR SENSITIVE GROUPS PM2.5  Cleanest from 3 PM to 10 PM
43 Yucca Valley 112 UNHEALTHY FOR SENSITIVE GROUPS PM2.5  Cleanest from 8 PM to 10 PM
44 Barstow 110 UNHEALTHY FOR SENSITIVE GROUPS PM2.5  Cleanest from 2 PM to 10 PM
45 Twentynine Palms 110 UNHEALTHY FOR SENSITIVE GROUPS PM2.5  Cleanest from 9 AM to 11 AM
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*The Cleanest Time of the Day* is based on forecasts of below-average AQI for PM2.5 and Ozone. These forecasts do not include PM10. They may differ from the actual AQI and users should also check the current AQI measurements at [http://www.aqmd.gov/aqimap](http://www.aqmd.gov/aqimap) to plan outdoor activities.

### What to Do When Air Pollution Reaches Unhealthy Levels

In areas with **UNHEALTHY** air quality (AQI of 151 to 200), sensitive or susceptible persons, including children, older adults and those with heart or lung disease, should minimize outdoor activity.

In areas with **UNHEALTHY FOR SENSITIVE GROUPS** air quality (AQI of 101 to 150), sensitive or susceptible persons, including children, older adults and those with heart or lung disease, should avoid outdoor activity entirely.

In areas with **VERY UNHEALTHY** air quality (AQI of 201 or above) or an **Ozone STAGE-1 Alert** (AQI of 201 or above for 1-hour ozone), everyone should discontinue prolonged, vigorous outdoor exercise lasting longer than one hour. Examples of the kinds of outdoor activities that should be avoided are calisthenics, basketball, running, soccer, football, tennis, swimming laps, and water polo. Susceptible persons, such as those with heart or lung disease, should avoid outdoor activity entirely.

In areas with **Ozone HEALTH ADVISORY Alert** (AQI of 201 or above for 1-hour ozone), everyone should avoid outdoor activity entirely.